



Harvest of the Month.

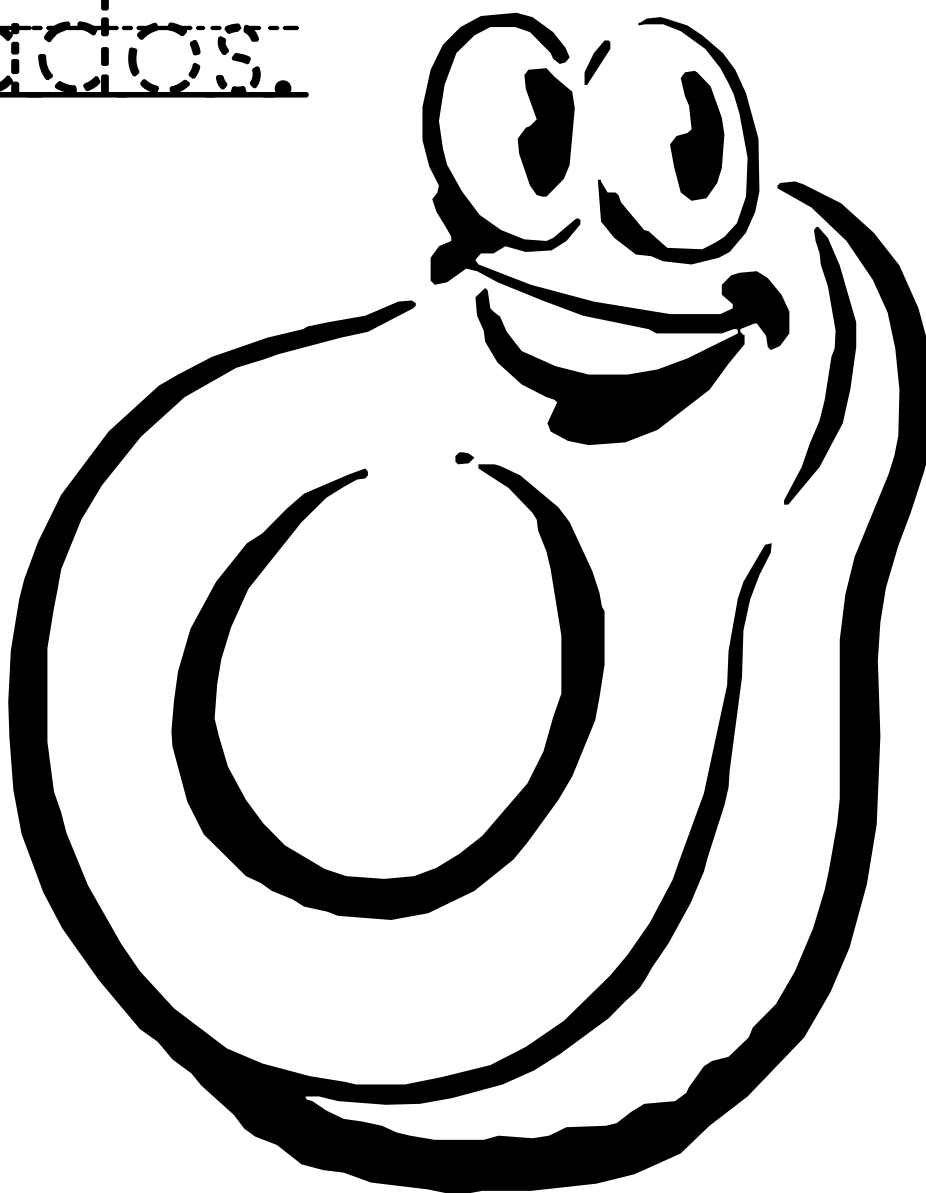
May

Avocado



A is for amazing

avocados.



Anthony Avocado



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•California Department of Public Health

**K: Writing strategies 1.1, 1.3, 1.4;
Concepts about print 1.4, 1.5
1st: Writing strategies 1.3
2nd: Writing strategies 1.2**



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Practice writing uppercase and lowercase and "Aa."

A A

a a

Practice writing the word "avocado."

avocado

I like to eat avocados.



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K: Writing strategies 1.1, 1.3, 1.4;
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2nd: Writing Strategies 1.2
3rd: Writing strategies 1.2
4th: Writing strategies 1.4



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Avocados and Adjectives

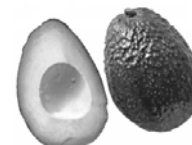
Avocados grow on trees and do not ripen until they are picked.



California ranks number one in avocado production.



Avocados are a source of Omega-3 fatty acids that may help prevent heart disease.



Write six adjectives that describe avocados.

1) _____

4) _____

2) _____

5) _____

3) _____

6) _____

Directions: Using at least 3 of the adjectives listed above, write a paragraph about avocados. Be sure to include why avocados are good for your body and how you will try to eat more avocados.



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Challenge! Write one word that relates to avocado for each letter!

A

V

O

C

A

D

O



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Five Senses Poetry



Directions: Use your five senses to describe avocados.

My Avocado

Looks

Smells

Tastes

Feels

Sounds



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1st: Writing Strategies 1.2;
Writing genres 2.2
3rd: Writing genres 2.2
4th: Writing genres 2.1



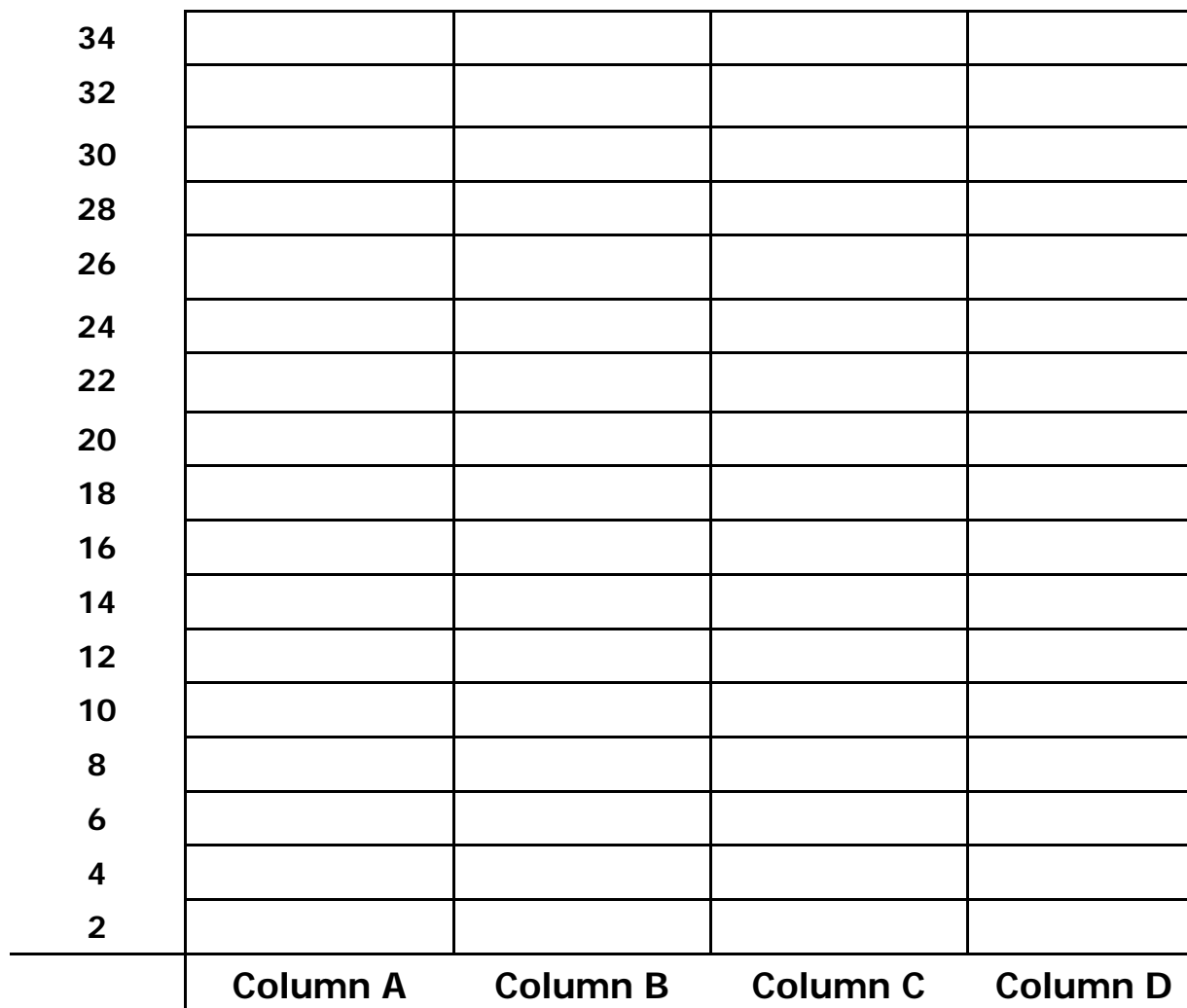
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Create a Bar Graph



Directions: Fill in the columns based on answers to the questions below.

Column A: Total number of students who participated in taste testing

Column B: Number of students who like avocados

Column C: Number of students who do not like avocados

Column D: Number of students who will eat avocados again



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1st: Data Analysis & Patterns of Information 1.2
2nd: Data Analysis & Patterns of Information 1.0, 1.3, 1.4
3rd: Data Analysis & Patterns of Information 1.3; Mathematical Reasoning 2.3
4th: Statistical Data Analysis & Probability 1.1, 1.3
5th: Mathematical Reasoning 2.3; Algebra & Functions 1.1



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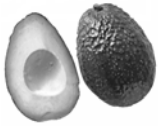
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Write a letter about amazing avocados.

Write a letter to your parents about what you learned about avocados. Be sure to include why avocados are good for you and why it is important to eat fruit every day.



Date: _____

Dear _____,

Love,





Find the Facts

Reading Nutrition Labels

Direction: Find the following information on the avocado Nutrition Facts label.

Avocado Nutrition Facts

Serving Size: _____

_____calories _____grams (g) total fat
 _____milligrams (mg) sodium
 _____g carbohydrate _____g dietary fiber
 _____g sugar _____g protein
 _____% calcium _____% vitamin A
 _____% vitamin C _____% iron

Nutrition Facts

Serving Size: 1/4 cup avocado, sliced (30g)

Calories 50

Calories from Fat 39

	% Daily Value
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 1% Vitamin C 4% Calcium 0% Iron 1%	

Source: www.nutritiondata.com

Avocados are a source of healthier fats. Avocados contain:

- *Monounsaturated fat*—helps boost the “good” cholesterol in your body.
- *Omega-3 fatty acids*—may help prevent heart disease.

However, not all fats are created equal! The less healthier fats are saturated fat and trans fat. You should eat less of these fats.

The “Total Fat” listed on the food label includes saturated fat, unsaturated fat, and trans fat.

- 1) If you know the amount of total fat, saturated fat, and trans fat, can you calculate the amount of unsaturated fat? (Look at the grams (g), not the % DV)

Total Fat (g) _____
 Saturated Fat (g) _____ (subtract)
 Trans Fat (g) _____ (subtract)
 = _____ Unsaturated Fat (g)

- 2) List 2 reasons why avocados help keep your body healthy.



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Take a Survey

Ask the students in your class whether or not they like avocados. Record a tally mark for each answer in the yes or no column.

Yes, I like avocados.		Total
No, I don't like avocados.		Total

Do more students like avocados or dislike avocados? _____

How many more? _____

We all need to make sure to eat fruit two or three every day. There are many different fruit we can choose from. Make a list of your favorite fruits.

My Favorite Fruit List

Share your list with your neighbor and tell them why you like the different fruit on your list and why they should try them.



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1st: Statistics, Data Analysis & Probability 1.2
2nd: Reading Comprehension 2.7, Statistics, Data Analysis & Probability 1.0
3rd: Mathematical Reasoning 2.3
4th: Statistics, Data Analysis & Probability 1.1
5th: Mathematical Reasoning 2.3



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Instruction: Fill in the blanks using the words below that describe the different parts of the avocado

endocarp

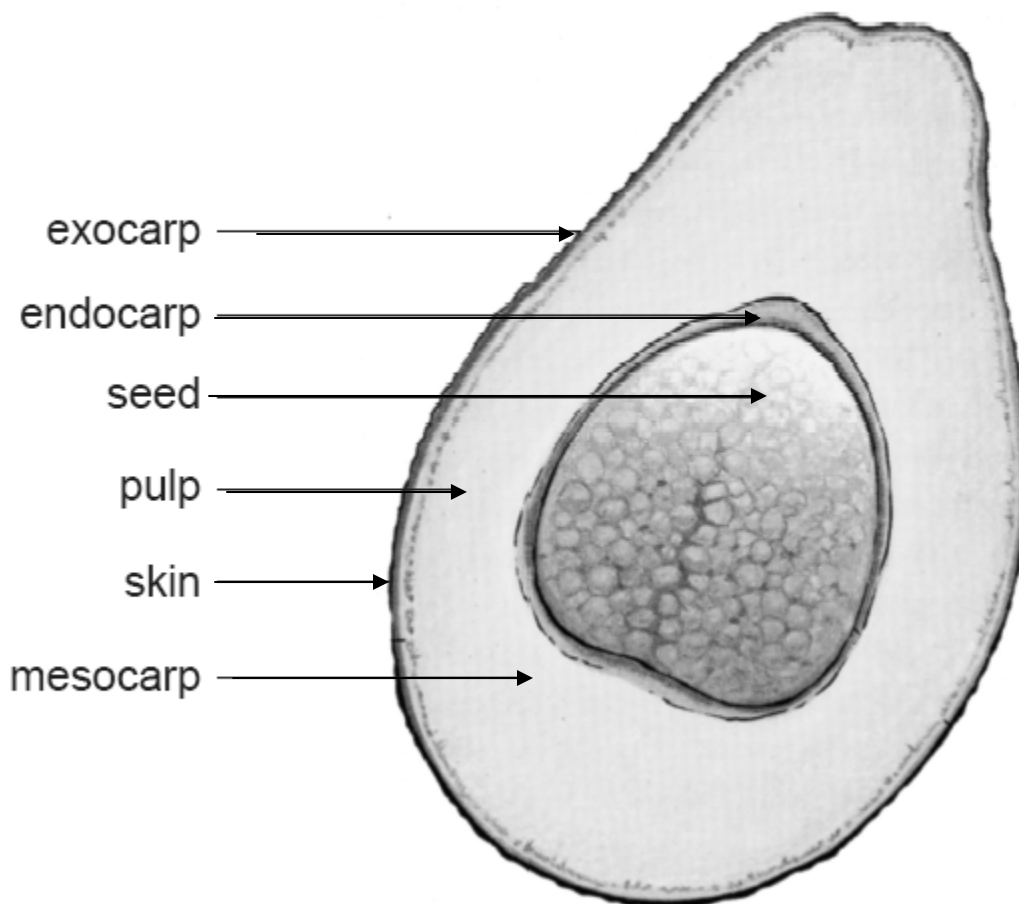
exocarp

mesocarp

pulp

seed

skin



Adapted from: *Tall and Tasty Fruit Trees*, Meredith Sayles Hughes, 2000.



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Instruction: Fill in the blanks using the words below that describe the different parts of the avocado

endocarp

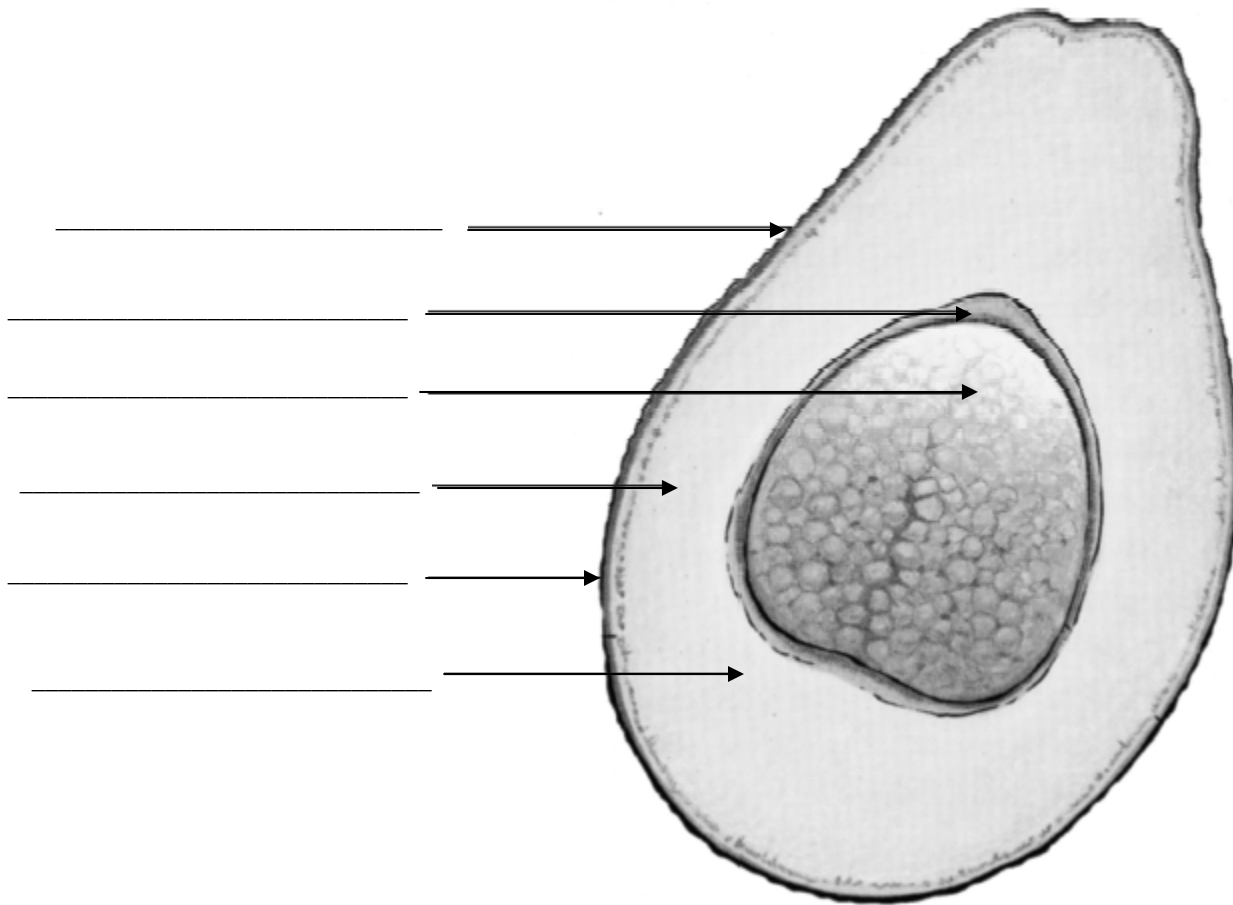
exocarp

mesocarp

pulp

seed

skin



Adapted from: *Tall and Tasty Fruit Trees*, Meredith Sayles Hughes, 2000.



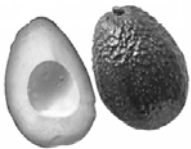
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Find the hidden words within the grid of letters.



W	N	G	D	X	A	A	L	A	C	A	U	D
J	M	T	G	H	E	I	D	E	E	S	M	X
A	G	U	U	F	H	N	E	E	K	H	O	M
I	T	B	E	T	M	R	L	H	J	N	R	S
F	Z	W	R	A	V	O	C	A	D	O	C	S
D	J	J	I	V	M	F	Q	Z	N	G	H	A
O	X	A	F	A	O	I	J	L	W	B	A	H
V	S	O	C	U	K	L	Q	W	U	S	R	V
A	H	A	R	X	J	A	Z	T	H	F	D	N
K	U	E	C	G	K	C	V	W	R	C	W	X
G	S	Q	E	D	I	T	P	U	C	E	F	N
X	N	D	C	R	B	J	I	T	Z	S	A	Q
I	A	G	M	A	T	T	D	I	C	A	C	T

AVOCADO	GUACAMOLE	SEED
CALIFORNIA	HASS	TREE
FRUIT	ORCHARD	



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Created with Discovery Channel School's PuzzleMaker



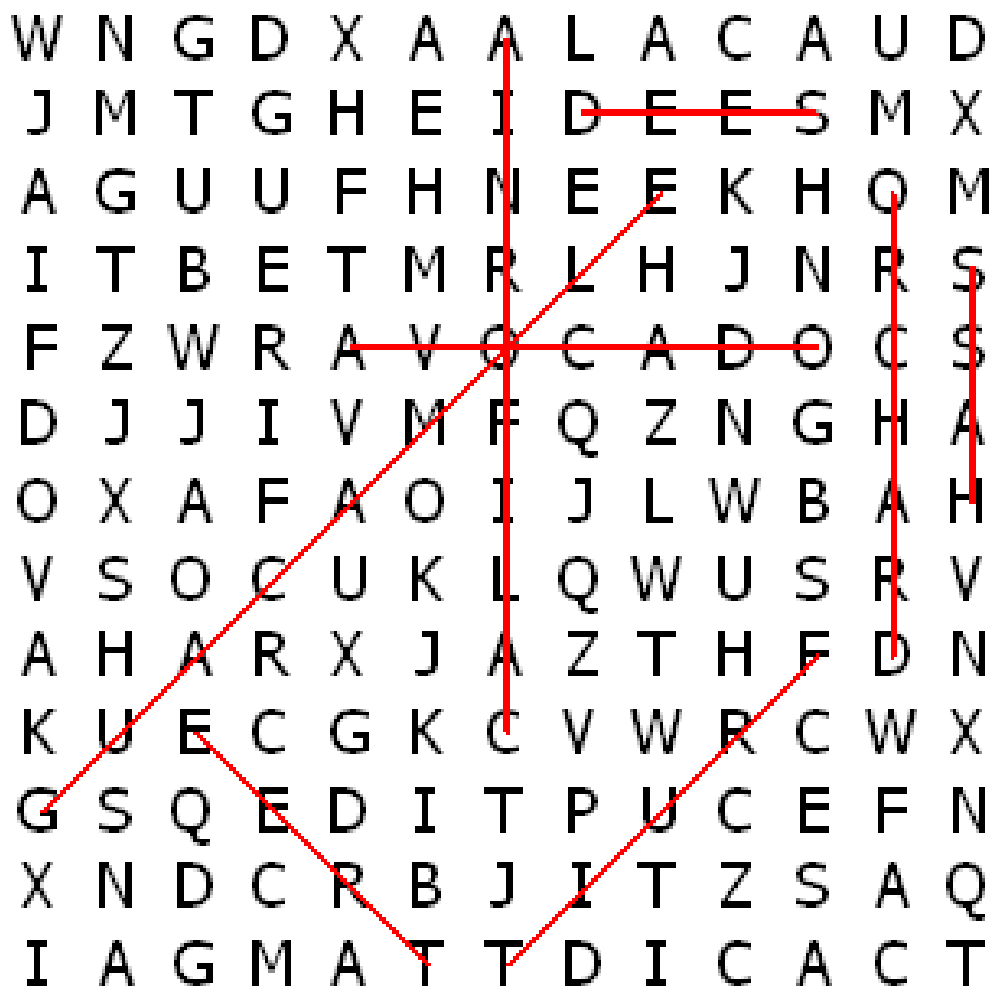
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AVOCADO Word Search – Solution Page



AVOCADO GUACAMOLE SEED
CALIFORNIA HASS TREE
FRUIT ORCHARD



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How Many Cups of Fruits and Vegetables Do You Need Each Day?

The chart below shows how many cups of fruits and vegetables is recommended for boys and girls ages 7 to 11 to eat in one day.

Boys				
	Ages 7-8	Age 9	Age 10	Age 11
Vegetables	2 cups	2.5 cups	2.5 cups	2.5 cups
Fruit	1 1/2 cups	1 1/2 cups	1 1/2 cups	2 cups
Girls				
	Ages 7- 8	Age 9	Age 10	Age 11
Vegetables	2 cups	2 cups	2.5 cups	2.5 cups
Fruit	1 1/2 cups	1 1/2 cups	1 1/2 cups	1 1/2 cups

Please note: The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30-60 minutes of physical activity per day) from MyPyramid.gov.

Use the above chart to help you answer the following questions.

1. I am a _____ (boy or girl). I am _____ years old. I need _____ cups of fruit and _____ cups of vegetables everyday.
2. If you ate $\frac{1}{2}$ cup of fruit at breakfast, lunch, and dinner, how much fruit would you have eaten? _____
Would you have met your daily fruit goal for the day? _____
3. Mark is 10 years old and has eaten $\frac{1}{3}$ of her daily fruit goal. How many cups has she eaten?

4. Susie is 9 years old and has eaten 1 cup of vegetables today. What fraction of her vegetable goal has she met? _____
5. Jack is 11 years old and had $\frac{1}{4}$ cup of fruit for lunch. How many more cups of fruit does he need today to meet his daily fruit goal? _____
6. Eating vegetables during lunch is an important habit to help meet your vegetable goal for the day. Look at the cafeteria lunch menu and make a list of the vegetables offered that you will eat when eating in the cafeteria. If you take a lunch to school, make a list of the vegetables you can pack in your lunch.



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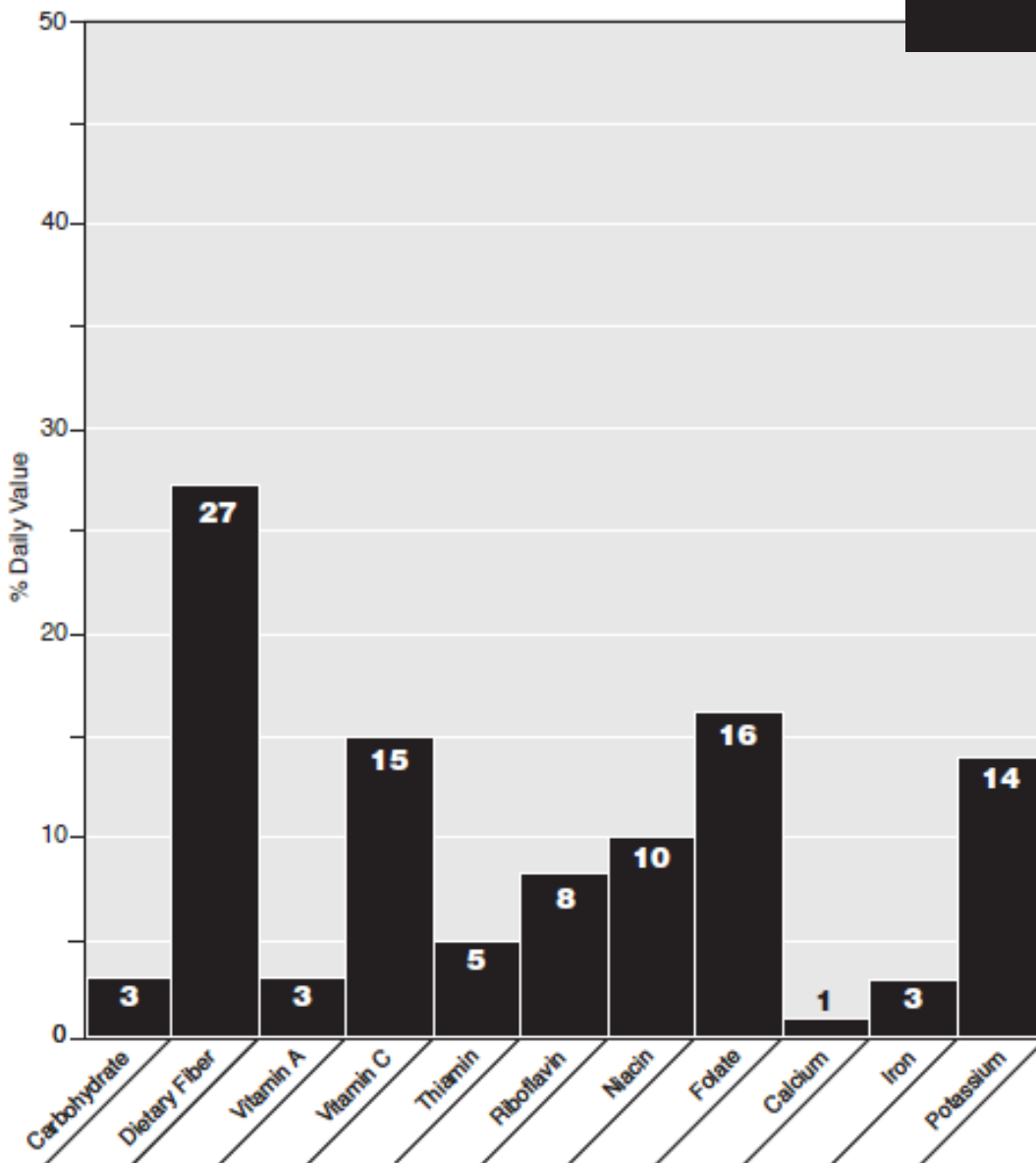


Avocado

Lauraceae *Persea americana*

(analysis based on *peeled* raw avocado)

Pictured: Haas avocado



Serving Size

$\frac{1}{2}$ Medium Avocado
100 Grams
167 Calories
77% from fat
4% from protein
19% from carbohydrate
2 Grams Protein
9 Grams Carbohydrate
7 grams dietary fiber
15 Grams Fat
72 Grams Water
8 Milligrams Sodium





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Fruits and vegetables are considered “excellent sources” of vitamins and minerals if they have 20% or more of a daily value per serving and “good sources” if they have between 10%-19% per serving. Choosing foods with a high % of nutrients helps ensure our bodies will get the nutrients they need to be healthy.

Avocado Graph Questions

Refer to the Avocado Graph page found on the Harvest of the Month website and answer the questions below. (Note: one serving is equal to 1/2 medium avocado)

1. Is 1/2 of an avocado considered a good source of Vitamin C? _____
Why? _____
2. Other than vitamin C, 1/2 of an avocado would be a good sources of what 3 other nutrients?

3. Put the following nutrients in order of the highest daily value to the least:
Potassium, Niacin, Folate, Vitamin C _____
4. If 1/2 of an avocado contains 3% of the daily value of Vitamin A, how much does a whole avocado have? _____
5. Does 1/2 of an avocado contain a higher percentage of iron or calcium? _____
6. Avocados contain 10% of what nutrient? _____
7. One half of an avocado contains what percent of the daily value of potassium? _____
8. Does 1/2 of an avocado contain a higher percentage of thiamin or riboflavin? _____
9. Your friend just asked you if you think avocados are a nutritious food choice. Would you respond yes or no to this question? _____

Explain why. _____

